

## Week 7: The Bye Week



### You must rest.

Rest is not laziness; it is a purposeful break from work.

God rested as an example to us – Genesis 2:2

An inability to rest is a sign of futility – Ecclesiastes 2:22-23

Rest requires faith – Psalm 116:6-8



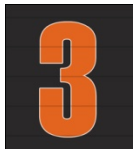
### You must recover.

Injuries happen, so healing is required.

It troubles God when we are not healed – Jeremiah 8:21-22

True healing only comes from God – Jeremiah 17:14

Just touch Jesus Christ and you can be healed – Luke 8:46



### You must recharge.

We must allow time to be rejuvenated and refreshed, both physically and spiritually.

Renewal is a law of nature – Exodus 23:10

Our thoughts and attitudes must be renewed – Ephesians 4:23

Our spirit must be renewed every day – 2 Corinthians 4:16

Stop. Evaluate your life – your thoughts, your attitudes and actions. Rest for a moment and listen to God. Ask him to renew your mind every day. Reach out to Jesus for healing.